

Spring / March 2021 Newsletter

Envisioning a world where everyone thrives!



Greetings with Ari & Geri, our New Kitties!

Envisioning a world that works for you and everyone else

Wow, what a year 2021 has been so far! We are grateful to be alive and have found these cute kitties to love and care for this spring.

1

HOLISTIC YOGA

10AM (CST) ON TUE & THU +
5PM (CST) ON SAT

Live Zoom Sessions

2

HOLISTIC HEALING & YOGA WORKSHOP

Saturday, April 10th, 2021
10am-12pm (CST)
Live Zoom Session

3

GIFT TICKET SWAP MEETUP

Sunday, April 11th, 2021
2pm-3pm (CST)
Live Zoom Session



Holistic Yoga at 10am (CST) on Tue & Thu and at 5pm (CST) on Sat. Sign up here.



Holistic Healing & Yoga Workshop on Sat at 10am (CST), April 10th, 2021. Sign up here



Gift Ticket Swap Meetup at 2pm(CST) on Sunday, April 11th, 2021. RSVP here.

It appears that our brave new world is shaping around much turmoil; all through the worldwide pandemic, starting the year off with political unrest in Washington DC, here in the US, followed by the unprecedented freezing weather in Texas, and now yet another violent shootings in (Georgia) US. Our hearts go out to the victims and their families; our thoughts & prayers are with them.

While we observe the world of polarity out there in turmoil, for those of us who are fortunate enough to be able to be home, the pandemic is certainly forcing us to focus our energy and attention to ourselves and to those who are close to us, giving us more chance to notice the polarity within ourselves and to heal all that is not at ease within and between ourselves. So that we can be empowered to make a difference in discerning and in contributing to our new world with more awareness and deliberation.

To that end, we are continuing to offer Zoom group sessions for **Holistic Yoga (45m) at 10am (CST) on Tuesdays & Thursdays and at 5pm (CST) on Saturdays.** **Sign up for the Two-week Free Trial classes here.**

For those who are interested in going deeper in your healing journey, we offer **Holistic Healing & Yoga Workshop** held quarterly and the next one is to be held online on **Saturday at 10am-12pm (CST), on April 10th, 2021.** Questions? Text or email Kyung.

Texas, USA (CST)	Sydney, Australia (AEDT)	South Africa (SAST)	Mon	Tue	Wed	Thu	Fri	Sat	Sun
10am-11am	3am-4am	6pm-7pm		Holistic Yoga (Intestine Healing)		Holistic Yoga (Deep Stretching)			
5pm-6pm	10am-11am	1am-2am						Holistic Yoga (DanMuDo Basic Form)	

Seagan's group Martial Arts training classes are still on pause for the time being.

Last but not least, our next **Gift Ticket Swap Meeting** will be held via Zoom session at **2pm-3pm (CST) on Sunday, April 11th, 2021.** Kindly **RSVP here.** If you are interested in learning more, email kyungyiokelly@divinesparkallies.net to receive **White Paper on DSA Gift Ticket Swap System.**

May love, harmony & hope continue to light the way as we navigate through the challenges to a brave new world!

With love & blessings,

Kyung & Seagan Yi-O'Kelly,

Your partner in Our Healing Journey

Holistic Healing & Yoga, Uniting mind, body & spirit

Divine Spark Allies, Envisioning a world where everyone thrives